

Suggested Meal Program Contributions

For eligible seniors & adults living with disabilities

Dining Room.....\$2.50

Dial-A-Ride (each way)....\$1.00

S.A.I.L. Program.....\$2.50

Meal Guest.....\$3.50

Meals on Wheels

Private Pay Glendale.....\$8.00

Contributions may be given at our lobby desk. As a part of our funding guidelines, signatures and emergency information forms are requested by all who participate here.

If you need Home Delivered Meals or want to pick-up Congregate Meals, please give us a call for details.

Thank you to our Funding Sources



Area Agency on Aging

**24-Hour Senior HELP LINE
602-264-HELP (4357)**



Participant Grievance

The YWCA will provide a means to ensure fair handling of participant complaints and grievances. For the purpose of these policies and procedures, a grievance means any dispute regarding the meaning, interpretation or alleged violation of these policies, procedures and services. Any participant seeking assistance or services through the YWCA Senior Programs who feels that he or she has not been treated fairly may appeal any decision rendered by filing a grievance.

Procedure
Participants who have a problem or complaint should first try to get it settled through discussion with the Staff.

If, after this discussion, the participant does not believe the problem or complaint has been satisfactorily resolved, he/she will have the right to discuss it with the Senior Center Director. You may reach the Senior Center Director at (623) 931-7436.

If the grievance is not resolved in steps 1 or 2, the participant shall submit in writing a complaint detailing the basis for the grievance. The complaint will be submitted to the Senior Center Director within ten (10) working days.

The Senior Center Director will render his/her decision and comments in writing and return them to the participant within ten (10) working days.

Should the Senior Center Director fail to resolve the grievance, within ten (10) working days of the receipt of the grievance, the person may communicate the grievance in writing to the YWCA CEO within fifteen (15) calendar days.

The YWCA CEO will render a decision. The YWCA CEO has the final decision in appeals.

If the grievance is not resolved at the local level, it can be appealed to:

Contracts Department
Area Agency on Aging Region One, Inc.
1366 East Thomas Road, Suite 108
Phoenix, Arizona 85014
602-264-2255

Meet Our Staff...

Debbie Esparza
CEO

Kathy Saunders
Senior Center Director

Bea Lopez-Parra
Program Assistant

Joni Dinges
HDM Program Assistant

And many others who make this all possible!

Program Locations

Meals are served at:

YWCA Metropolitan Phoenix

8561 N 61st Avenue

623.931.7436

Mondays and Tuesdays from 11:30am -
12:00pm for meal pick-up only.

Glendale Adult Center

5970 W. Brown

623.930.4321

Monday through Friday at 12:00pm.

Glendale Community Center

5401 W. Ocotillo

623.930.4700

CLOSED

Japanese Senior Center

5414 W. Glenn Dr.

CLOSED

Since 1912, YWCA Metropolitan Phoenix has been on a mission to eliminate racism, empower women, and promote peace, justice, freedom, and dignity for all. We imagine an equitable and inclusive society for everyone. We create safe spaces for courageous conversations that focus on how race and gender impact issues that impact Phoenix. We support seniors and women and their families through our Senior, Prosperity, and Equity programs. We are a visible voice in social justice. YWCA Metropolitan Phoenix is part of a global movement with sister associations in over 120 countries worldwide.

You do not need to be wealthy to leave a legacy. In addition to supporting YWCA with your cash donations, you can also contribute to the sustainability of our efforts to better women's lives in the long term. *Please call Debbie Esparza, CEO, at 623.931.7436 to discuss planned giving opportunities.*

**eliminating racism
empowering women**

ywca

Metropolitan Phoenix

June 2022

**YWCA Center Newsletter
Volume 35, Issue 12**

"IN EARLY **JUNE**
THE WORLD OF
LEAF AND BLADE
AND FLOWERS
EXPLODE, AND
EVERY SUNSET IS
DIFFERENT."

John Steinbeck

USING THE NUTRITION FACTS LABEL

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages.

We will focus on looking at the % Daily Value to get the recommended daily serving of nutrients. % Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.

Use the %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide, 5% DV or less of a nutrient is considered low and 20% or more of a nutrient is considered high. For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber daily goal.

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

More often, look for packaged foods that are *higher* in dietary fiber, vitamin D, calcium,



and potassium and *lower* in saturated fat, sodium, and added sugars.

Dietary fiber speeds up the movement of food and waste through the body. Eat about 28 grams per day.

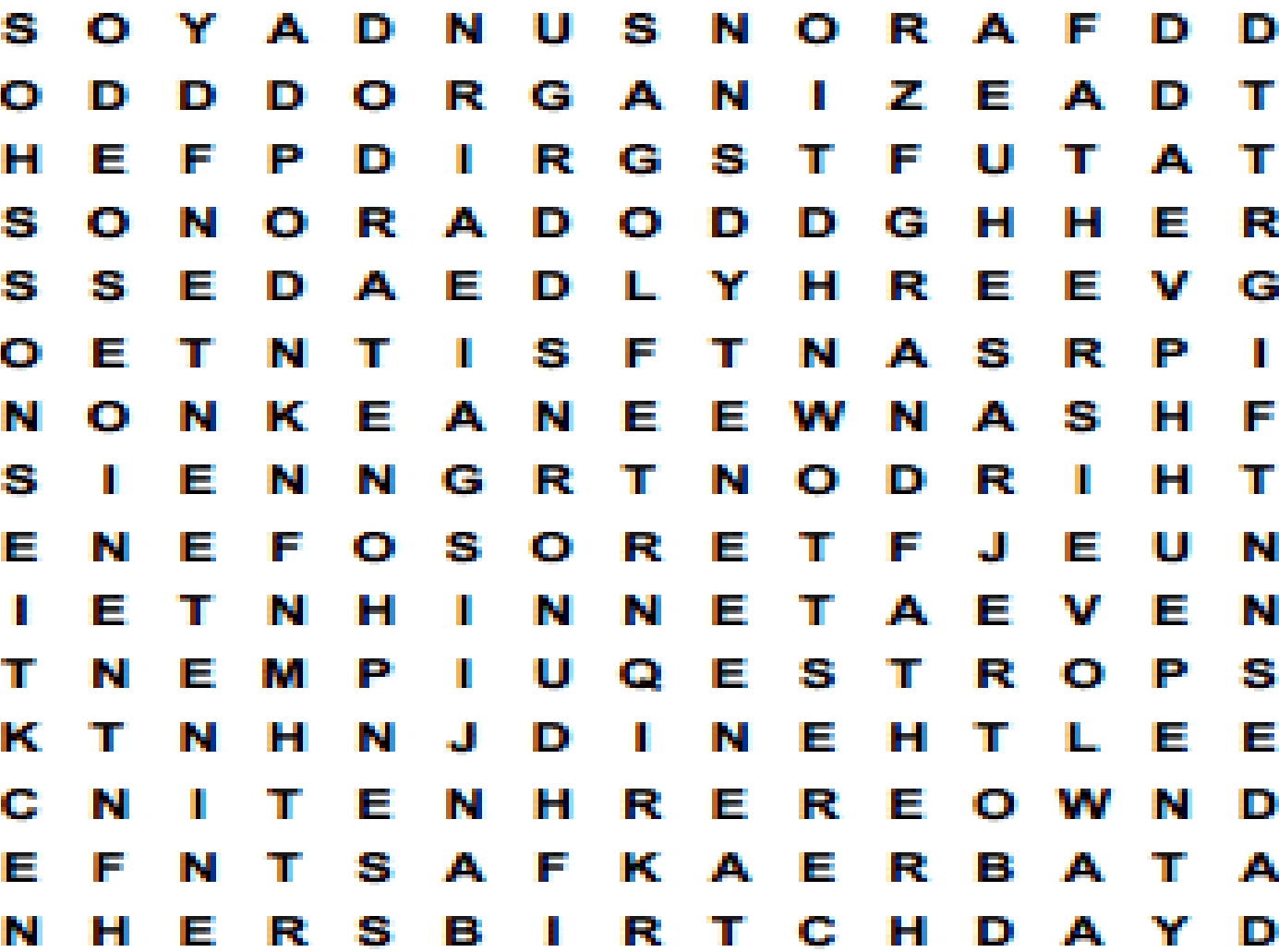
Calcium is important for bone health and helps with muscle and nerve function as well as blood clotting. Eat about 1,300 milligrams per day.

Vitamin D helps your body absorb calcium and is important for bone health and blood pressure management. Eat about 20 micrograms per day.

Potassium helps with fluid balance and heart, muscle and nervous system function. Eat about 4,700 milligrams per day.

JUNE PUZZLE

Father's Day Word Search Puzzle



BREAKFAST
CARD
DAD
DADDY
DAUGHTERS
FATHER
GIFT
GOLF
GRANDFATHER
JUNE

LOVE
NECKTIES
NINETEEN TEN
PHONE
PRESENT
SONORA DODD
SONS
SPORTS EQUIPMENT
SUNDAY
THIRD

SIX WAYS TO MAKE LIFE FEEL BETTER

Here are six simple changes that you can make in your daily routine to increase serotonin and your health!

1) STOP HITTING THE SNOOZE BUTTON.

Many people believe snoozing several times is a gentler way to wake up, but this actually causes sleep to be more disrupted, leaving the person feeling more sleepy. Instead, sleep experts recommend being honest with oneself and setting the alarm for the time you actually get up. Your body will then learn to prepare for waking at that time and you will feel less tired over the course of the day.

2) OPEN THE BLINDS AS SOON AS YOU RISE.

Make it a habit to open the blinds as soon as you wake up each day. Even just five minutes of sunlight first thing in the morning not only boosts your vitamin D levels, but also helps balance your cortisol (aka stress) levels.



3) BANISH YOUR PHONE FROM THE BEDROOM.

Ideally, your bedroom is a sanctuary for sleep and relaxation. Phones, TVs, and laptops disrupt both. Take care of your physical and mental health by giving your brain a break and encouraging better sleep in your screen-free sanctuary.

4) GET OUTSIDE.

No matter how busy you are, make it a habit to step outside for a breath of fresh air each day. Doing this, even for short increments at a time, provides you with many health benefits— both physical and mental. Research suggests spending time outside helps you sleep better at night, lowers heart rate, reduces stress levels, boosts mental health, and stimulates the immune system.

5) EXERCISE REGULARLY.

Getting your heart rate up increases your happy hormones (serotonin, dopamine, etc.), thus improving your mood and reducing pain. This doesn't require long hours in the gym, six days a week! Something as simple as three to four days each week, walking briskly or doing a quick 30-minute circuit routine can meet your needs. It all counts.

6) DOODLE OR COLOR.

Whether you use colored pencils to create your own drawings, or doodle in an adult coloring book, you mind and body relax when you're engaging in a focused, soothing activity. When the mind becomes focused on a creative task, worrisome thoughts tend to fade away. As the creative mind "plays," feel-good neurochemicals such as serotonin activate positive feelings of wellness and serenity.

JUNE HIGHLIGHTS

National Rose Month
National Iced Tea Month
National Dairy Month
National Candy Month
LGBT Pride Month

Flag Day is June 14

Father's Day is June 19

Flower: Rose

Symbol of life, love, and devotion. Also symbolizes beauty and eternity.



Birthstone: Pearl

In saltwater, pearls are found in oysters, while in freshwater, they are produced by mussels. Pearl jewelry is always in style.



HAPPY BIRTHDAY TO YOU

Carl H.	6/3	Nacho S.	6/23
Wayne C.	6/15	Sally T.	6/26
Robert B.	6/22	David S.	6/27

HAPPY HAPPY BIRTHDAY TO ALL!

June Born: Are very intelligent, extremely inquisitive, and have a child-like nature. June borns are great communicators and can easily draw everyone's attention. They are considered social butterflies because they are charismatic.



JUNE IS KNOWN AS A GREAT MONTH TO GET MARRIED.

GOOD NEWS! SERVING HOT MEALS IN MAY



**Serving Daily Hot Meal
Monday-Friday @ 12pm**

@ Glendale Adult Center

**5970 W. Brown St
Glendale, AZ 85302**

**Suggested monetary donation
for meals: \$2**

FOUR IMPORTANT WAYS TO BOOST IMMUNITY

The right vaccines and lifestyle steps can help you fend off illness. Your immune system is a complex network of cells, organs, and tissues that help your body fight against infection, protect against serious diseases, and help you heal faster from injury. But this key defender of your health may need some extra support over the years.

As we get older, our physical self is not as strong and robust as it was when we were 22, and the same holds true for our immune system. Your body is likely to produce fewer infection fighting T-cells than it once did, and you may also have higher levels of chronic inflammation. Both factors can make you more vulnerable to illness. But you can take several steps to help bolster your immunity. Experts recommend these four.

1) GET THE NECESSARY VACCINES:

If you've had or been vaccinated against diseases such as measles or mumps, that protection remains throughout adulthood. But some illnesses are trickier. After you've

had chickenpox, for example, the virus lies inactive near your brain and spinal cord. It can reactivate years later to cause shingles, a painful blistering body rash. Other diseases, like influenza, require annual shots year. Here are the vaccines you need to maximize your immune response.

Annual Flu Vaccine:

People 65 and older are at higher risk for complications from this virus than younger adults are, so the vaccine is crucial. Two versions of the flu shot are designed for older adults. *Fluzone High-Dose* contains four times the antigen that helps the body build up protection against flu viruses.



The second option, *Fluad Quadrivalent*, contains an ingredient that helps your body create a stronger immune response after you've been vaccinated. There's no data comparing these head to head, and both seem to work well, so it is recommended

VACCINATION PROTECTS US FROM DISEASES



FOUR IMPORTANT WAYS TO BOOST IMMUNITY

that you get whichever your local pharmacy or doctor's office has. If neither are available, get the regular flu shot.

Pneumococcal Vaccine: This vaccine helps prevent pneumonia, a potential complication from the flu or Covid-19.

Covid-19 Booster: Receive a third dose of the Moderna or Pfizer vaccine at least 6 months after your last dose. You may also receive a second dose of the Johnson & Johnson vaccine. It is also safe to mix-and-match vaccines, but be sure to wait at least 6 months between doses.

Shingles: This vaccine is given in two doses between two to six months apart.

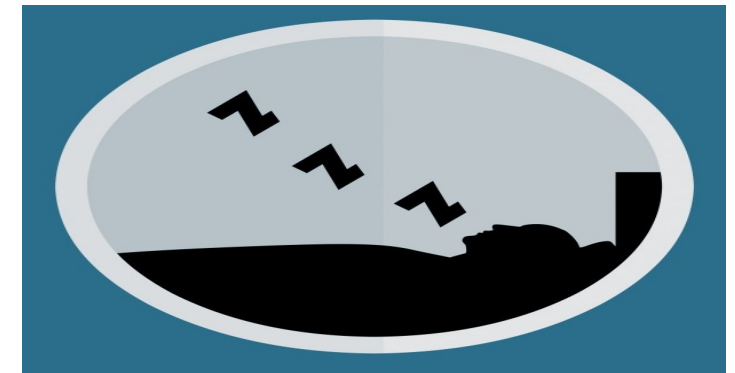
Tdap vaccine: Receive this vaccine for protection against tetanus, diphtheria, and pertussis. After your first dose, you'll need a booster every 10 years.

2) EAT FOR IMMUNITY:

Choose a largely plant-based diet, rich in fruits and vegetables, whole grains, legumes, nuts and seeds, along with small amounts of healthy fats like olive oil.

3) MOVE MORE:

A brisk daily 30 to 45 min walk may go a long way in boosting immunity. Consider adding Tai Chi practice to your workout regiment. This gentle mind-body exercise has a small but significant effect on immune function.



4) GET YOUR ZZZ'S:

Even one night of lousy sleep has been proven to destroy some natural killer cells, which you need for good immunity. People who got less than 5 hours of sleep a night were 44% more likely to report a head or chest cold than those who slept for 7 to 8 hrs. For better sleep, try to maintain the same sleep schedule every day so that your wake up and go to bed at the same time, this keeps your circadian rhythms running smoothly, which may improve immunity. Most older adults need 7 to 8 hours of sleep a night.

